



# From the Superintendent's Office



February 2010

8	Board of Education meeting at the High School Library at 5:00 p.m.
15	No School, pre K—12 Staff Professional Development



One missed day of school can mean two days of falling behind for your child.

Regular school attendance is important

to keep your child learning and on track to graduate.

EVERY DAY  
COUNTS  
FOR A SUCCESSFUL FUTURE

## Getting Kids to Sleep using a Bedtime Routine

From [www.parenting.org](http://www.parenting.org)

Many children get far less sleep than the recommended amount. For instance: 3 year-olds typically require approximately 12 hours (including a nap). 10 year-olds generally need about 10 hours. Teenagers should have about 9 hours. Insufficient sleep is linked with a variety of consequences, some of which include irritability, delayed motor responsiveness, poorer memory and focus, and an array of health problems. Whether your child refuses to go to bed, repeatedly gets out of bed before falling asleep, crawls into bed with you during the night, or takes a long time to fall asleep, the guidelines below will help your child get a better night's rest.

**Before bedtime:**

Create a bedroom environment that is conducive to sleep. Remove electronics from her bedroom (telephone, television, video-games, etc.). Keep the bedroom cool and dark. If she wants some light, use one nightlight. Keep it simple. Bedding and one security item (a stuffed animal or favorite blanket) are sufficient. Additional toys provide extra sources of distraction at a time when we don't want her to be distracted.

**Develop a bedtime routine:**

Create a short routine before bedtime that involves quiet activities that occur in the same order every night. For example, have a snack, put pajamas on, brush teeth, go to the bathroom, say prayers, and read one book. It is important that this routine remain the same every night because the routine cues your child that bedtime is approaching.

**Bedtime:**

Put your child to bed when she is still

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awake. Children learn how to fall asleep through practice. If you always rock your child to sleep, she will rely on rocking whenever she wakes during the night and needs to go back to sleep...yes, even at 3 in the morning. It is okay to leave the door cracked open if you feel more comfortable doing so. If she attempts an escape, return her to bed and close the door for the rest of the night. Tell her good night and remove yourself from the bedroom.

**After bedtime:**

Ignore all of her attempts to summon you back to her room. This may include crying, pleading, demanding, coaxing, and even bargaining. Though this is difficult and even painful for some parents, it is highly effective and will resolve bedtime problems in a relatively short period of time. If your child gets out of bed, transform into a robot-like version of mom or dad and immediately return her to bed. If your child stops protesting, it is likely she simply wanted your attention. If your child appears unaffected by your presence, investigate further to ensure that there are no problems (soiled diaper, fever, etc.).

**Using rewards:**

Reward your child for going to and remaining in bed. Rewards could include adding a star to a sticker chart that eventually earns her a prize, getting a special breakfast cereal, or hiding a surprise under her pillow.

**Additional considerations:**

If you think that your child may have a medical problem that affects her sleep or if you suspect that your child is sick, discuss your concerns with your pediatrician before using any of these strategies.

**VISIT OUR SCHOOL WEB PAGE ONLINE AT:**

**[HTTP://WWW.SSCCARDINALS.ORG](http://www.ssccardinals.org)**

